



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Winter, Frank

Club: Großsachsen
Number: 381

Course: 6.00 km
6 km Run

Category:
Männer M35

Total time: 24:39

Speed: 14.60 km/h
Running performance: 4:07 min/km

Rank in course/Total: 12 (of 174)

Rank in course/Men: 12 (of 92)

Best time in course: 22:06

Rank in category: 2(of 8)

Best time in the category: 22:56